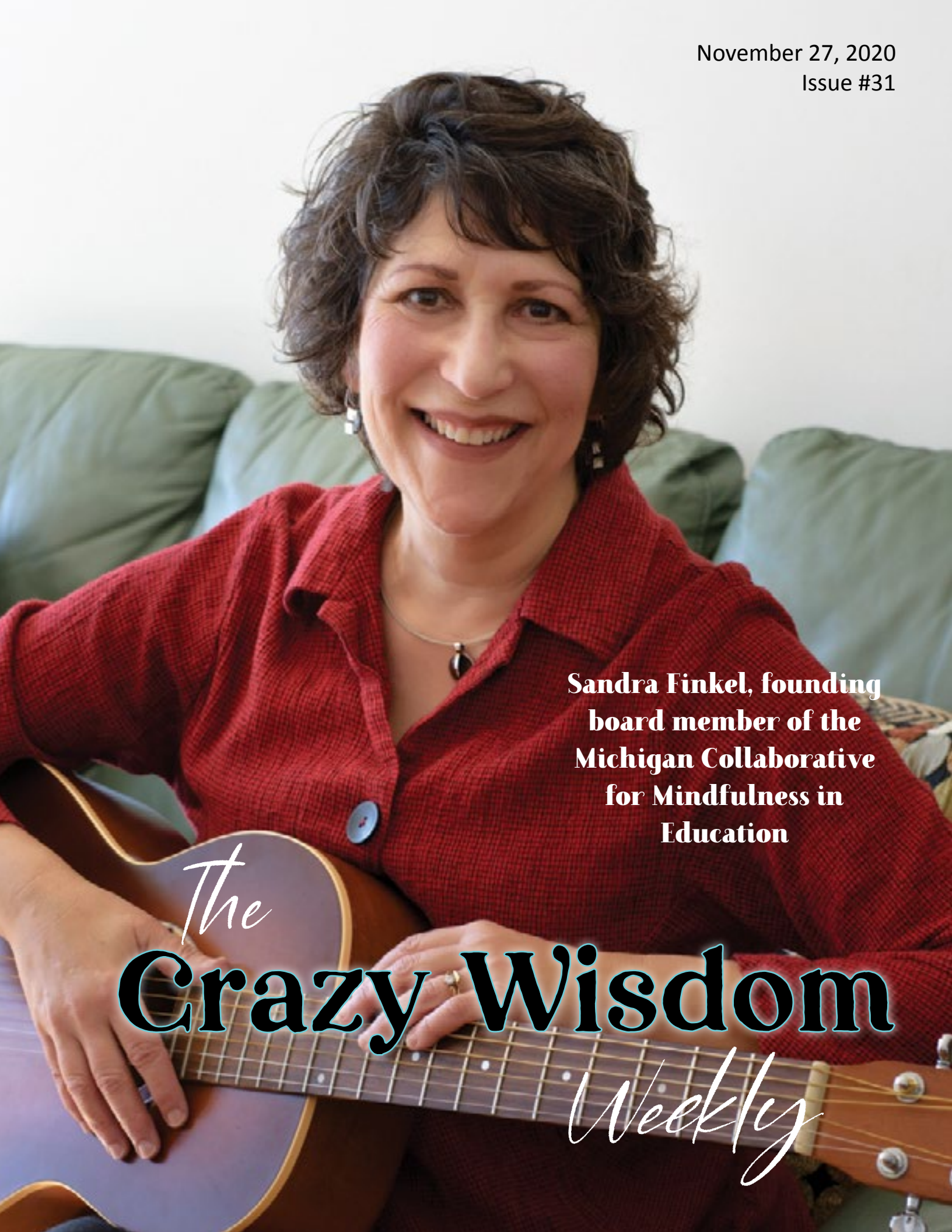
November 27, 2020
Issue #31



Sandra Finkel, founding board member of the Michigan Collaborative for Mindfulness in Education

The Crazy Wisdom Weekly

Photo by Karolina Badzmierowaska Unsplash

The Crazy Wisdom Weekly

Listen to the interview with Crazy Wisdom's co-owner, Bill Zirinsky, on Art & Soul with Lisa Barry.

Art & Soul: Well Being - Crazy Wisdom Bookstore Is Oasis For People Searching In Their Lives

The Crazy Wisdom Weekly is looking for your submissions!

We want short stories, personal essays, gardening tips, reflections on life, your best recipies, or awesome summer wildlife or nature photos! Have a great joke? Send it in! We are also looking to feature local authors, writers, musicians, craftspeople, and artists. Have a great idea for a short article? Send in your article pitch! Submissions should be sent to: Jennifer@crazywisdom.net. Please put CW Weekly submission in the subject line. Articles should be no more than 1000 words.

We look forward to seeing your submissions!

Table of Contents

Word of the Week ..... page 4

Braiding Sweetgrass: Book Review..... page 5
By Pauline Loewenhardt

What's Up in Our Community—
With Dr. Simon Xue..... page 6

Out of My Comfort Zone with Sandy Finkel
By Diane Majeske..... page 9

Made Local: A Handmade Holiday..... page 10

Crazy Wisdom Book Pick of the Week..... page 12
By Sarah Newland

Simple Pleasures..... page 13
By Jeanne Mackey

The Crazy Wisdom Weekly Calendar..... page 15

A Final Thought..... page 16

No part of this publication may be reproduced for any reason without the express written approval of the publisher. There is a token fee charged if you would like to use an article in this publication on your website. Please contact us first. Articles from back issues will be available on our website's archive.

Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

Copyright © Crazy Wisdom, Inc., November 27, 2020.

Thank you to our contributors for this issue:

Pauline Loewenhardt
Dr. Simon Xue
Diane Majeske
Jeanne Mackey
Sandra Finkel
Sarah Newland
Carol Karr
Jennifer Carson
Bill Zirinsky

Word of the Week:

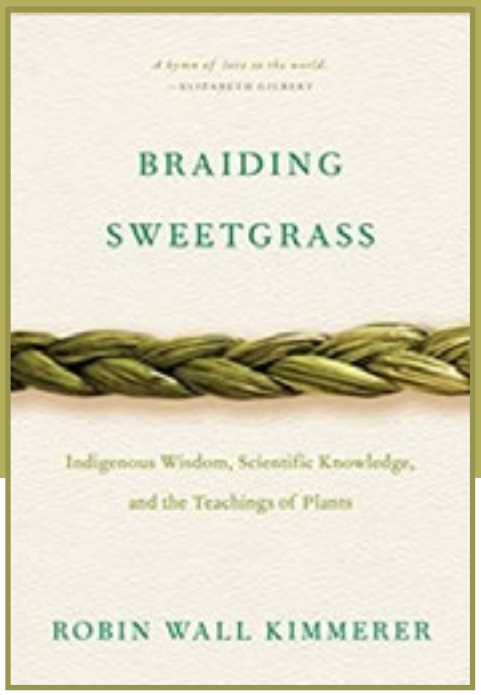
Quixotic

Not sensible about practical matters.

Born during the pandemic, *The Crazy Wisdom Weekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your pets, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

Book Review

Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants



By Pauline Loewenhardt

I highly recommend this book to give all of us a new perspective on the life of Indigenous people of this country. They were here for centuries before white Europeans arrived. This book is a gift meant to help heal our relationship with our one and only living Planet Earth.

Surprisingly, her book of essays, though published in 2013, did not have a large marketing campaign, but in February of 2020 first appeared at number 14 on the NY Times paperback nonfiction list. It is now in its 30th week at number nine. The author, Robin Wall Kimmerer, is a mother, decorated professor, scientist, and enrolled member of the Citizen Potawatomi Tribe. She asserts in a column in *The New York Times* that her message may be resonating right now because, "people are looking for another way that we can be living, and indigenous knowledge has a message of valuing connection, especially to the humble."

She writes movingly about the stories she has been listening to her whole life and teaches readers about the principles of Native living in essays that bring those principles to vivid life. For example, she brings us into a third-grade Native classroom as the children recite the Thanksgiving Address, words in the Onondaga language known as the Words That Come Before All Else. They set gratitude as the highest priority. This principle of gratitude carries through all facets of life for Native people. Gratitude to Mother Earth for giving us gifts that give life and sustain us, such as air, water, trees, plants, fish, animals, and more. However, with these gifts come the duties of caring for each other and the planet that sustains us.

She writes a wonderful chapter about Maple Trees (she capitalizes the names of trees and explains in a note at the end of the book about why she does this). I'll just say she believes that plants and animals are non-human but also more than human. How do the Maple Trees know that it's time for the sap to rise in the tree? She explains this, in enthralling detail.

I described to a friend that reading a chapter of her book before sleep is like listening to a lullaby! It ushers me serenely into the land of nod.

Well, not all the chapters are like that. Toward the end of the book, some are hard to read. We learn about the struggle of the Onondaga people to reclaim and heal the land and water made uninhabitable in New York State by the Solvay Corporation. A positive outcome has taken many decades, along with legal action.

I think my favorite chapter is an outing into the woods and marsh with her students where they explore cattails. It's an ethnobotany class. The first thing the class does is brainstorm a list of human needs and then they begin to build the frame for a wigwam, using Maple saplings. Then the students go out in the marsh, and one by one, they leave their canoes to jump into the muddy water where they reach under the to pull at the base of the cattail plant, with some hilarity.

When the canoes are full of cattails and towed to shore, they find out from Dr. Kimmerer all the wonderful attributes of this plant. The professor strips the leaves, one by one, down to the center white pith as thick as a pinky finger. She breaks this into bite-size pieces and passes it around. Only after she chews her piece do the students take a cautious nibble. It's crunchy like a cucumber. It can be boiled, baked, sautéed, or eaten raw. Soon the students are stripping the stalks themselves, as their lunch was a while ago and they eat hungrily. Later they learn that the leaves are useful for mats, clothing, twine, and more. They end up going shopping in the marsh for other products such as cattail kebabs for dinner. This chapter will have you laughing out loud.

You don't need to read this book from beginning to end as I did. Each chapter is a complete story, so you can pick and choose where to start and end.

Read more book reviews online

What's Up In Our Community

A Conversation with Dr. Simon Xue

Dr. Simon Xue is a Chinese Medicine practitioner and acupuncturist. He moved from California to Michigan and opened his clinic in Ann Arbor in the beginning of 2019. Simon is the fourth generation of his family practicing Chinese Medicine.

You've worked both in China and the UK. What brought you to the United States?

Yes, I have worked both in the UK and China. My friend who lives in California told me that acupuncture and Chinese medicine practices are more advanced and appreciated in the United States, especially in California. So, that's what brought me to the US.

California has such beautiful weather! What made you decide to move to Michigan?

My wife is the reason I moved to Michigan.

You use a therapy called moxibustion. Can you tell us a little about moxibustion? How does it work? What is the science behind this therapy method?

Moxibustion is a form of heat therapy that consists of burning the dried herbal leaf on or above specific points on the body. This herb is known as mugwort, moxa, or Aì yè in Chinese medicine. It helps to warm areas of the body with the intention of stimulating circulation and lymphatic flow. It also helps to smooth the flow of Qi (energy) and blood, and to expel pathogenic influences. The scent of moxa is very distinct and many people find the aroma therapeutic and relaxing.

Modern research on the moxibustion mechanism mainly relate to the thermal effects, radiation effects, and pharmacological actions of moxa and its combustion products. Experimental results showed that moxibustion thermal stimulation affects both shallow and deep tissues of the skin, and the warm-heat effects of moxibustion have a close relation to the warm

PACIFIC ACUPUNCTURE
HERBAL MEDICINE & FERTILITY

receptors or/and the polymodal receptor. The burning moxa radiation spectrum ranges from 0.8 to 5.6 μm; peak is near 1.5 μm, lying within the near infrared portion. There is an amazing consistency in the infrared spectrums of three types of indirect moxibustion and the unified spectrum of acupoints; all have their peaks of radiation near 10 μm. Lots of ingredients have been identified from mugwort leaves and moxa smoke, which have a variety of biological activities. Although lots of research has been carried out, we are still far from fully understanding the mechanism of moxibustion.

Why do you think it is important to blend ancient knowledge with modern research?

Blending ancient knowledge with modern research will allow us to have a better understanding of how Chinese Medicine and Acupuncture really works. As an example, modern research on how moxibustion works would create a better understanding for people who only have a western scientific background.

Another good example is when we combine the ancient knowledge of acupuncture with modern research and technology on cosmetic acupuncture treatment. Clinical studies have shown that microneedling can be just as effective as ablative treatments such as laser resurfacing, dermabrasion, and chemical peels or non-ablative treatments such as IPL™, Fraxel™, or a CO2 laser in stimulating elastin and collagen production. In one study, biopsies taken from ten different patients demonstrated an average increase in collagen and elastin fibers up to 206%. Another advantage to microneedling is the increased absorption rate of topically applied products such as homeopathics or serums. The micro-channels, which are created, aid in infusing therapeutic serums for better penetration into the skin and increasing overall efficacy. South Korea, Europe, and U.S. clinically-conducted studies have shown that the dermal roller can increase serum absorption by as much as 1,000 times.

What type of ailments respond best to acupuncture?

In my clinical practice acupuncture treatment successfully treats all types of pain conditions from musculoskeletal problems (back pain, neck pain, joint pain, stomach pain, gynecology pain) to migraine headaches, anxiety, depression, insomnia, and infertility.

Of course, cosmetic acupuncture with micro needling and nano needling are very effective treatments for chest, hands, and face skin rejuvenation, hair growth, wrinkle reduction, scar removal, age spot and acne reduction, reducing the size of large pores, and smoothing stretch marks .

To learn more about Dr. Simon Xue and Pacific Acupuncture Center, visit them online at pacificacupuncturecenter.com.

Castle Remedies
Serving Michigan Since 1984

Your source for:

- Homeopathic Remedies
- Quality Nutritional Supplements
- Herbs & Essential Oils
- Flower Essences
- Unique Gifts & Jewelry

Shipping and contactless pick up options available.

Ann Arbor, MI • (734) 973-8990 • www.CastleRemedies.com

FINELY CRAFTED WARES

ART SALE @ THE VALLEY

DECEMBER 4
2pm-8pm

DECEMBER 5
10am-7pm

DECEMBER 6
12pm-5pm

The Valley
7650 Scio Church Rd., Ann Arbor, MI 48103

Maxwell Davis, James Griffin, Jo Johnston, Marie Krull
Douglas Madaras, Tom Phardel, Menlo Park Laboratory

ArtSaleAtTheValley.com

Out of My Comfort Zone

By Diane Majeske

Crazy Wisdom Journal asked a number of leaders in southeastern Michigan's conscious living community to reflect upon times in their lives that they've left their comfort zones to venture out in new ways. In the distant past or much more recently, we asked, what did you do, what inspired you, did it change you, inside or outside, big or little? Did you attend a new class, take an adventurous trip, go skydiving, stretch beyond a long entrenched boundary, start a new relationship or end an old one, take a leap, retire, join the Peace Corps, go on a night trek in the wilderness, or just do something way out of your ordinary?

We received quite a variety of interesting and sometimes illuminating answers. Some of them went deep, looking back upon the journey of life and how it unfolded. Others selected examples from everyday life of stepping gingerly out to try something new. Look for other stepping Out of My Comfort Zone *stories in the upcoming winter issue of* The Crazy Wisdom Community Journal*.*

Sandra Finkel is a founding board member of the Michigan Collaborative for Mindfulness in Education. She leads stress management workshops and classes and is an Ann Arbor business owner.

Photo by Mary Bortmas, Unforgetable Photos

This past spring, I took my first guitar lesson *ever*. I love to sing and wanted to be able to accompany myself, but I'd never played a musical instrument before, don't know how to read music, and had so many excuses for not attempting to learn—everything from my short fingers to being too old… I'm 63.

I was arranging guitar lessons for my husband as a holiday gift this winter and his teacher, Ann Doyle, mentioned that she especially liked to teach adult beginners. That sparked the possibility for me. It took me awhile to get my nerve up, build up callouses, and learn a few chords to start. Then I found some songs with chords I could play (D, Em, A, G, C), had my first lesson with Ann, and then it was all about practicing.

I discovered to my surprise, that I have really enjoyed the whole process. I actually like to practice and do so most days. I started with sufficiently low expectations so I didn't get frustrated with the lag time between chord changes or the coordination and rhythm needed to keep a strumming pattern. I was amazed at how quickly I was able to play chords, strum, and sing. Each time I think I've got a song down, Ann throws a new challenge at me, so I'm continually stretching and growing. I have learned quite a few songs, several strumming patterns, two different finger picking patterns, and many more chords. I didn't even think I'd learn to finger pick in the first year!

This experience has enriched my life and opened me up to new possibilities. I wonder what other hidden talent I might nurture next? This past June I had an opportunity to perform a song on guitar to an audience at an adult camp I attended. I'd been playing for less than three months, but I wanted to inspire others who always wanted to play an instrument. It's not too hard, and never too late, to learn!

READ MORE ARTICLES FROM THE CRAZY WISDOM COMMUNITY JOURNAL, ISSUE #75 ONLINE!

Made Local:

Shop these Ann Arbor Area Etsy Stores for a Handmade Holiday Delivered To Your Door

Looking for a great way to shop handmade this holiday without having to worry about long shipping times? We've gathered artists in our area who have some wonderful gifts for the giving season. No matter if you are looking to buy for a book lover, a grandma, or a child, we've got you covered!

Party Of One Paper

Send a unique and adorable holiday card to go along with that handmade gift. Party of One's product line celebrates the introverts and bookworms, the proud nerds, and the unapologetic enthusiasts. Find a card, notebook, or art print for everyone on your list.

Perfect Storm Bags

Looking for a way to handle all the items you need to carry every day? Perfect storm bags are made in Ypsilanti and offers handmade purses, wristlets, sunglass cases and phone cases, as well as scrunchies and masks. With a variety of fabric choices and even custom embroidery, you can't go wrong with a gift from Perfect Storm for the well-organized friend.

Fly Paper Products

Specializing in literary gifts for book lovers, you'll find Literary and Grammar themed stationery and gifts made right here in Ann Arbor. From assorted vintage library card notebooks, to bibliophile soy candles, wine glasses to coffee mugs, birchwood bookmarks to stickers, this shop has gifts for your literary lover covered.

Vanges Epoxy Emporium

For beautiful handmade, one of a kind epoxy jewelry and gifts look no further than Vanges Epoxy Emporium. Using small gifts from nature like crystals and dried flowers, this Ypsilanti maker creates bookmarks, barrettes, small altar bowls, pendants, and more.

The Dragon Charmer

For little ones on your list with big imaginations or those who are young at heart, check out Jennifer Carson's shop full of original fantasy creatures and characters. From handmade Waldorf-style dolls, to artist prints, stickers and cards, books, and even sewing patterns if you want to make your own handmade gifts!

Don't miss the 25th anniversary issue of *The Crazy Wisdom Community Journal* on newsstands now and also online!

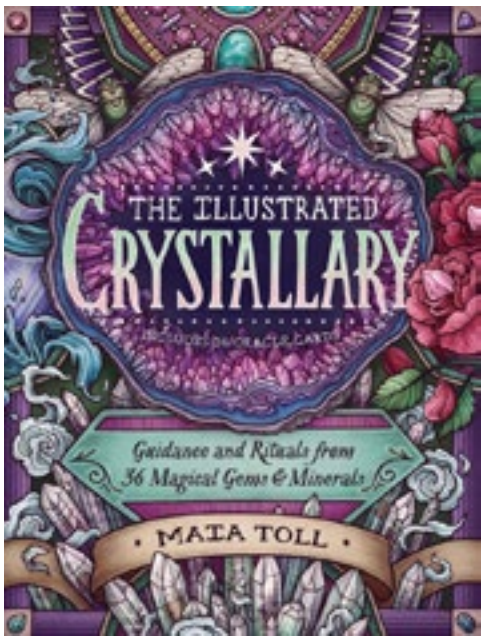
Lilac Pop Photography

Lilac Pop Photography features unique photos of local landmarks and can be printed on metallic paper, canvas, or a metal plaque. A perfect gift for a loved one who misses playing at Nickels Arcade, going to a movie at the Michigan Theater, or walking through the U-M stadium gates!

One of a kind holiday gifts, jewelry, ornaments, bookmarks & more!

A Native American mama's creative outlet

Crazy Wisdom Book Pick of the Week



The Illustrated Crystallary
by Maia Toll

In the ancient world there were three medicine kingdoms: animal, vegetable, and mineral. Following her previous acclaimed volumes on animal (The Illustrated Bestiary) and vegetable (The Illustrated Herbiary), Maia Toll fulfills the call for mineral with The Illustrated Crystallary, exploring the mystical qualities of 36 fascinating crystals and minerals, including amethyst, hematite, mica, smokey quartz, emerald, ruby, and more. Combining bits of ancient wisdom with her own insights, Toll illuminates the aspects and energy of each stone and, through rituals and reflections, the life guidance it might offer contemporary readers. Obsidian's shiny surface and sharp edges reflect the shadowy corners of the self and serve as the tool for cutting them loose. The sky-like color of earthly turquoise provides balance between opposing forces. Stunning illustrations by Kate O'Hara magnify the symbolism of each crystal and are also featured on 36 bonus cards included in an envelope bound in the back of the book.

Purchase your copy of *The Illustrated Crystallary* at shopcrazywisdom.com.

The winter issue of *The Crazy Wisdom Community Journal* is coming! With articles on local happenings, artists, and practitioners. You don't want to miss it!

Simple Pleasures

By Jeanne Mackey

One of my practices as an elder-in-training is choosing how I focus my attention. As the saying goes, "What we give attention to, we give life to." Since I tend toward a "glass-half-empty" view of life, I like to remind myself now and then of what gives me pleasure. So here they are — a few of my favorite things, in no particular order:

- **Harvesting herbs**. I gather lavender, catnip, lemon balm, bee balm, peppermint, thyme, oregano, and mugwort from various corners of our yard, put them in brown paper bags, and hang them in the closet to dry. No, I don't always remember to bring them out and use them. But sometimes I do. I took a class in medicinal and magical herbs many years ago, and came home with plantings of comfrey, mugwort, and lemon balm. These are all semi-invasive plants, as it turns out — but they're good to have around. Mugwort is said to be a dream-enhancing plant. Once a year, my sweetie and I pull all the dried mugwort out of the closet, stuff it into the clay chiminea on the patio, and set it afire when the sun goes down. As the smoke pours out of the little chimney, we imagine the whole neighborhood being blessed by magic, everyone dreaming strong dreams that night.

- **Listening to Brooke Gladstone on NPR's "On the Media."** Surely all is well in the world when a smart, witty woman with a smooth, resonant voice is doing the talking, slicing and dicing the latest media frenzies.

- **Talking about my life while my beloved listens and reflects.** My life partner is an attentive and insightful listener. Ah, that sweet invitation on the occasions when we both find ourselves awake in the middle of the night, and she says the words I'm longing to hear: "You can talk if you want to." I launch into a monologue about my hopes and fears, troublesome relationships, future projects, existential musings. When I pause for her response — well, sometimes that's when I notice how rhythmic her breathing has become. What she calls the "lilting quality" of my voice has sent her back to dreamland. But if she's still awake and starts to comment, I listen for that subtle shift in her tone when a channel seems to open to some higher wisdom. "It would be good if you could let go of that grudge." "The situation with your co-worker is going to ease up soon — you'll find an opening." Her suggestions and predictions are amazingly reliable.

- **Farmers' markets.** I love the Ann Arbor Farmers' Market. How often does doing the right thing feel so good on so many levels? The colorful array of vegetables and fruits, greeting friends and co-workers, the satisfaction of supporting the farmers — followed by the pleasures of preparing and eating fresh, vibrant, locally-grown food. I'm grateful to my neighbors who organize the Cobblestone Farm Market on Tuesdays, right on my way home from work.

- **Cartoons.** I subscribe to The Funny Times, a monthly newspaper out of Cleveland. It's chock-full of cartoons and essays by clever, quirky, left-leaning folk. It's the only publication I read from cover to cover and that reliably makes me laugh out loud. Thank you, Mom and Dad, for introducing me to the world of cartoons! Dad had a whole shelf in his den of dog-eared cartoon books from the forties and fifties by James Thurber, Peter Arno, Charles Addams, and Whitney Darrow, Jr. Some of them were even a little racy, involving showgirls and millionaire playboys. Later on, it was the squiggly drawings of Edward Koren and B. Kliban's cats that drew me in. Our next-door-neighbor subscribed to The New Yorker. A high-brow history professor, he probably ignored the cartoons, but he always passed on the back issues to Mom. She and I would pick out our favorite laughs. When I went away to college, Mom would slip a few New Yorker cartoons into her letters, some of them sly commentaries on my behavior or her relationship with Dad. At my recent birthday party, I printed out some of my all-time faves and hung them on a clothesline for my guests to enjoy.

- **Singing in harmony.** I learned to harmonize in my teens by singing along with The Beatles. At first, it was a way to feel close to the lads from Liverpool, to immerse myself in their essence. The harmonizing became its own pleasure when I realized I could make up parts to almost any melody. Some of the peak moments of my life have been in concert halls, whether on stage or in the audience, singing out my deepest values, surrounded by kindred spirits and gorgeous harmonies.

Jeanne Mackey's essay "Field Notes from an Elder-in-Training" was published in our September through December 2015 issue. Read the online version here.

Belong! Explore! Become!

Find Your Way at The Institute!

Inspire a world of health! Your diploma in Massage Therapy, Natural Health, or Holistic Doula is here.

Call Now to Find Out More!

NITE
NATUROPATHIC INSTITUTE OF THERAPIES & EDUCATION

(989) 773-1714 ~ Mount Pleasant, MI
contact@naturopathicinstitute.org
www.naturopathicinstitute.org

Naturopathy
(each year 600 hours)

Natural Health Educator.....1st Year
Natural Health Therapist.....2nd Year
Natural Health Practitioner.....3rd Year
Certified Naturopath.....4th Year

4th Year graduates are eligible for Doctor of Naturopathy National Test & Title

Massage Therapy
Therapeutic Bodywork Practitioner...1 Year

Holistic Doula Practitioner
Certificate Course.....3 Classes
Diploma Course.....7 Months

All Classes Meet on Weekends
Fri: 5-9pm and Sat & Sun: 9am-6pm
Naturopaths: 1 per month - Massage: 2 per month

Individual Classes:
Herbology - Aromatherapy - Nutrition
Live Food Preparation - Light Healing Touch
Reflexology - Homeopathy & Much More

Over 25 Years of Experience ~ Licensed and Accredited

The Crazy Wisdom weekly Calendar

Energy Work

Light Worker Activation - Ongoing Wednesdays - with SANDYA - Sandra Shears • December 9 • 7 a.m. • As a Light Worker or World Server you have incarnated at this time in order to facilitate the transition into the next Age. It is time to bring forth the gifts that will accelerate healing and activate spiritual purpose. In person or online. For more information email sandya2033@yahoo.com.

Light Worker Development - 3rd Friday every month with SANDYA - Sandra Shears • December 9 • 7 p.m. • Group light work with current spiritual, astrological and energy events - includes energy adjustments, energy activation, and sound attunement. $100 per month on-going commitment; includes personal setup. For more information email sandya2033@yahoo.com.

Festivals and Events

Art Sale at the Valley • December 4- 6th .•
7650 Scio Church Rd. Ann Arbor. With seven local artists. A socially-distanced art event. For more information visit the Art Sale at the Valley website. Please check our website for changes due to covid before coming out to shop.

Online Workshops

Weekly Zohar (The Book of Radiance) Study • November 29 • 8 p.m. • Explore the hidden and mystical meanings concealed in the Old Testament (Torah); deepen your spiritual knowledge, awareness, consciousness, and connection. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Get your calendar listings in
by Monday morning at
10 A.M. for the next
Crazy Wisdom Weekly Issue!
Send your listing in here.

The Pilgrims made seven times more graves than huts. No Americans have been more impoverished than these who, nevertheless, set aside a day of thanksgiving.

—H. U. Westermayer

Photo by Meelika Marzerella on Unsplash.